

Hawaii MARINE LIFESTYLES

HAWAII MARINE B SECTION

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MARCH 21, 2008



Photos by Christine Cabalo

Nine-year-old Zion Pai (left) and Ellie Mengel, 8, drift with their sailboat tied to the dock. The junior sailors teamed together to learn how to recover a capsized boat. Each took turns on pushing different sides of the boat to get the vessel upright. The students learn how to operate small boats named toppers, and they may become certified to rent sailboats in the Base Marina after completing the class.

Christine Cabalo

Photojournalist

Making waves, students are learning how to harness the wind in junior sailing classes held at the Base Marina.

Instructors teach the class for elementary and high school students in a two-week period. Children as young as 8 years old are welcome to the program, said Victor Pulsifer, instructor, Base Marina.

“Children make good students because they don’t try to overanalyze how to sail,” he said. “A lot of it is muscle memory and repetition. They soak up instruction pretty well. When you tell them to push, they do just that.”

The course includes the basics of navigation, and students are already in the water during the first day of instruction. Pulsifer said the junior sailors learn more than just how to operate a boat. Students will know different strategies to upright a capsized boat and identify local fish by the end of the session, he said.

Sailing with family in Florida during his childhood, Pulsifer said he never considered it as a profession until he began sailing more often five years ago. The instructor said he’s always enjoyed the water, and he’s happy to be working in a career he loves. It’s a feeling he shares with Neil Morgan, manager, Base Marina. Morgan said he remembers the first time he took a sailboat trip in the ‘70s.

“I was with my dad at the time,” Morgan said. “My dad was a Marine, and we were sailing around Iwakuni, Japan. I was about eleven years old out along the water, and I just loved it.”

Offered at the Base Marina for the last 10 years, the aim of the junior sailing class is to teach children a love of the ocean, Morgan said. The Base Marina manager said he thinks all children should have a chance to enjoy the ocean. Both he and Pulsifer said they encourage the junior sailors to be stewards of the environment and each other.

“During lessons I’ll tell students they’re only allowed to switch tasks after coming back to the docks,” Pulsifer said. “If a child wants a specific task, like handling the rudder, they need to follow through. There are no passengers. They take responsibility for each other as a united crew.”

Fifteen-year-old Haley Bethurum, a first-time sailing student, said she’s eager to learn the more technical aspects of sailing. She said she’s ready to dive into learning about how to steer a boat herself, and she regularly sails with her father.

“When my dad and I are sailing sometimes I forget

what he’s tried to teach me,” she said. “I’m taking this class because we figured — if you’re in Hawaii what better place to learn to sail?”

After the first classroom session, Bethurum and the other students practice what to do if they’re boat is overturned. In paired teams, each junior sailor held on to each side of a capsized boat called a topper. Working together by pulling and pushing to move the boat, each team successfully brought their boat upright.

“I’m really enjoying it,” she said. “It’s funny to learn the names of the boats, and now I can tie the different types of knots.”

Pulsifer, who has also taught in the Base Marina’s adult program, said his classes often have students repeating the course to learn more. Lesson plans are modified to fit each class, the instructor said. If he has several students who know the basics of sailing, he’ll discuss the physics of how a boat travels.

After the two-week session, junior sailors will take a final exam to become certified in sailing a boat. Morgan said once they pass the test, the students could rent out boats in the Base Marina. Junior sailors older than 16 may rent the boats to sail their own. The instructor said he hopes students gain a deeper appreciation for nature once they become sailors of their own boats.

“I think the classes gives them a better awareness of how to judge water conditions and their surroundings,” Pulsifer said. “Controlling your own topper is exciting, and I want to get students excited about sailing even bigger boats.”

Don't miss the boat

The Base Marina offers junior sailing classes in two-week sessions during the summer and school breaks. Classes begin again June 9, and children 8 to 17 are welcome. Morning and afternoon sessions are available with reservation. Students should bring:

- ◆swimming attire
- ◆covered shoes or reef walkers
- ◆dry clothes
- ◆towels
- ◆sun screen
- ◆snacks

For more information, call the Base Marina at 254-7667.



Pulsifer's junior sailors keep their boat steady as the instructor positions the vessel near the water. He began his outdoor lesson by showing students how to connect each part of the sailboat before letting them practice recovering an overturned vessel.



Mengel grabs the boat's centerboard and pushes down to get the vessel upright. Her teammate pushes from behind the boat, and the two use their body weight to tip over the topper.



Attaching a practicing sail, Victor Pulsifer, instructor, Base Marina, shows his students how the mast fits into the sailboat. He later showed students how to adjust the size of a sail for different weather conditions, and how to tell what direction the wind is blowing.

PASS

IN

REVIEW



No ending for great movie

Cpl. Mark Fayloga

Press Chief

What is your biggest fear? For most people it's public speaking. Death is fairly high up on the charts, along with clowns and spiders. If you're anything like me, you wet your pants whenever an ice cream truck rolls by.

Now imagine an ice cream truck, made out of spiders and driven by a public-speaking clown driving full speed to run you over. Anton Chigurh (Javier Bardem), the antagonist in the Coen Brothers' film "No Country For Old Men" is even scarier.

The film, adapted from and tenaciously faithful to the Cormac McCarthy novel of the same name, tells the story of Llewelyn Moss (Josh Brolin), who stumbles upon a drug deal gone wrong while hunting near the Rio Grande River. He finds only one survivor who manages to rasp out for some water. Llewelyn tells the man, "I ain't got no water" before moving on and finding a satchel not far from the site filled with two million dollars. He decides to take the money home but later that night has a battle with his conscience and returns to the site, with water for the man, who is now dead.

While back at the site of the drug deal he is discovered by a group of Mexican gangsters and narrowly escapes their gunfire and pit bulls. Llewelyn rushes home and sends his wife to her mother's house a few counties over. Llewelyn takes the satchel, which unbeknownst to him is equipped with a radio transponder, and makes his way to meet with his wife.

Chigurh, a professional hitman, psychopathic killer and quite possibly the scariest movie villain ever, is hired by the original owners of the satchel and possesses its corresponding receiver. The rest of the film follows the ensuing cat and mouse drama

as Llewelyn, Chigurh and the Mexican gangsters all vie for the money and make attempts on each other's lives as Sheriff Tom Bell (Tommy Lee Jones) follows the trail of blood.

Chigurh is one the most interesting characters ever committed to celluloid. His mechanical way of taking life, terrible haircut and weapon of choice, a cattle gun, only add to his epic insanity. Bardem earned an academy award for his work in the role and also earned a place in my wife's nightmares for the months following our viewing of the film.

The flick received critical praise and was honored with multiple awards along with three other Academy Awards, including Best Picture.

The Coens did a brilliant job with the film but I believe made a mistake in staying true to the novel's ending. After being on the edge of your seat for 90 percent of the film's stirring storyline you spend the last 10 percent waiting for some hint of that same excitement as Sheriff Bell (the most minor of the lead characters) rambles on with a newly introduced old timer like himself.

The film could have been one of the best ever, but lacked an ending to match the rest of the flick. In the novel McCarthy spends more time explaining Bell's feelings about the changing landscape, making the ending fitting. The Coens don't commit the same screen time to Bell and the ending just feels out of place.

It's like watching with full anticipation as a firework sails brilliantly into the night sky only to continue into the distance and never explode.

Your weekly guide to all aspects of entertainment

Welcome to the Pass In Review, your number one source for cinema, music, videogame and book reviews. The Pass In Review crew consists of more than 10 critics, each with their own idea of what makes a movie, album, game or book great. So be sure to take advantage of the Better Know A Critic section, which spotlights this week's critics to better help you choose the critic with opinions most like your own. Using our breakthrough four point scale system you can quickly decipher what is worth your time and what isn't, or read the full review for an in-depth analysis and explanation of the rating. The rating system uses ammunition and range terminology, so if you're not familiar, here's a quick breakdown of the ratings ...

1/4 — No Impact, No Idea

Horrendous. Among the worst of the worst in its genre. Dedicating time to this is not only wasteful, but unforgivable. Avoid at all costs.

2/4 — High And To The Right

Mediocrity at its best. Lacks a few things that might have made it really good. A decent time waster, partake only if you have nothing better to do.

3/4 — On Target

Praiseworthy. A great endeavor, not quite an instant classic but still very entertaining. This is a sound investment of your time.

4/4 — Confirmed Kill

Genius. In the top 10 percent of its genre. This is the stuff legends are made of. Missing out on it would be a disservice to yourself.

So, there you have it and we hope you enjoy our weekly reviews. Don't forget, The Hawaii Marine accepts submissions from its readers so if you consider yourself a film buff, music aficionado, gaming geek or bookworm feel free to submit your own reviews. Or, if you disagree with a review published and want fellow readers to know the real scoop, send in a condensed review and we'll run it as a second opinion.

Better Know A Critic

Random 3 from top 10 movies
Idlewild, The Color Purple, Sarafina

Random 3 from top 10 books
Wuthering Heights, Dolores Clairborne, The Diary of Anne Frank

Favorite Author
Maya Angelou

Random 3 from top 10 movies
Rocky, Cool Hand Luke, Barfly

Random 3 from top 10 books
Women, The Red Pony, The Winter of Our Discontent

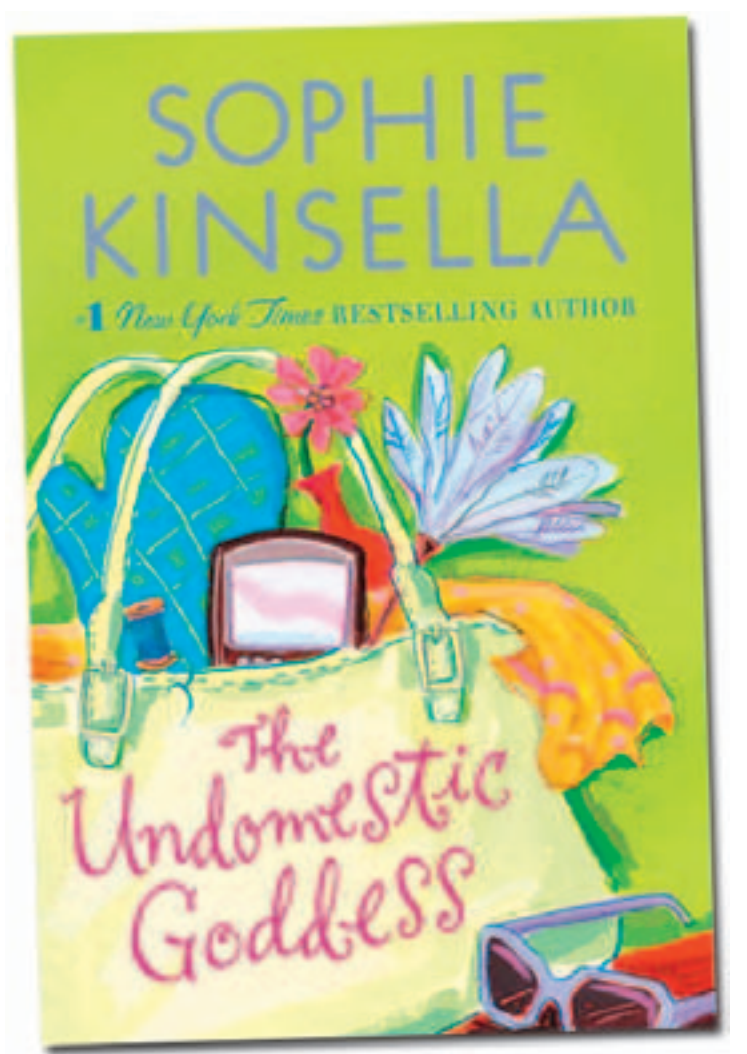
Favorite Author
Charles Bukowski

Second Opinion

"No Country For Old Men"
3 out of 4 (On Target)

I watched "No Country for Old Men" a few weeks ago with my father. I'm not sure if it was his dumbfounded expression when it was over, but I too was left a bit disappointed. The movie lived up to its hype until the end, because it had no end. The movie was based off of a novel, which itself had no end. I know in the novel there was a purpose thoroughly described throughout, and the conclusion was appropriate. But, in this screen adaptation the only knock on the movie itself is something that most movies based off of novels lack — an ending that stays true to the novel.

— Sgt. Macario P. Mora Jr.



HOME DEITY

Big city woman finds herself as she finds way to live domestic life

Sgt. Sara A. Carter

Combat Correspondent

Ever feel like work is consuming every second of your life? Your cell phone is always ringing, your to do list is growing and you're constantly answering e-mails.

You have no time to yourself, much less anyone else. All you know is work, work and more work.

Samantha Sweeting, the main character in Sophie Kinsella's "The Undomestic Goddess," knows the feeling of putting work above everything else in her life.

Samantha is one of the top lawyers in one of the largest law firms in London, not to mention she's also the youngest in the firm to be considered for a position as a partner.

For the last seven years, she's put all she has into the company until a simple mistake, which ends up costing one of her clients a large amount of money, cost Samantha her career.

After freaking out and a few drinks, Samantha ends up on a train and gets off in a place she has never been before. In a fog, she walks to a friendly looking house hoping for a glass of water and is asked in by the home's residents, Trish and Eddie Geiger.

The friendly Geigers allow her to spend the night and when she

wakes in the morning in a strange bed she attempts to remember what happened the night before.

When Mrs. Geiger brings in her freshly pressed maid outfit she realizes she has agreed to become their housekeeper.

The problem is, Samantha has no idea how to cook or clean. She is used to the fast paced life of the city.

She knows she cannot go back to the city — her name is ruined there — but can she become domesticated?

The Geigers are easy enough for Samantha to fool, but the gardener, whom Samantha finds herself interested in, is a bit harder to fool.

This book follows Samantha as she journeys to again find herself, learns to slowly enjoy the world around her and experiences true love.

It's a funny, romantic book full of unexpected turns.

Kinsella, who also authored the "Shopaholic" series, does a great job of creating interesting, multi-dimensional characters while being sure to add plenty of comedy throughout the story. She has a knack for finding the humor in everyday situations.

This book is great for the hopeless romantic who wants to read a great book at a great price (hardcover can be found for just over \$15 online) in a short amount of time.

Whether you're a business minded person who can't boil an egg, a happy homemaker or anyone in between, you're sure to enjoy "The Undomestic Goddess."

A warning, however, once you pick it up, you won't be able to put it down.

TALK*STORY

*[tōk stōreɪ] Hawaiian slang for an informal, lengthy conversation. Often used as a method to bond, or a good way to kill time.

The birds are chirping louder, the days are getting brighter and baseball season is underway. Yesterday officially marked the beginning of spring in our part of the world. Hawaii may not see much snow, but people living on Oahu still love to see winter turn to spring. This week we asked ...

What do you like most about Spring?



The weather is always nice in spring. You can go to the beach and not worry about it being too cold.

— Joanne Greenwood



"I like having more rain. The air smells sweeter after a good rain."

— Chief Warrant Officer James Moes

"It's great because baseball season starts. My favorite team is the Yankees."

— Cpl. Michael Betts



Desert Diaries

Lance Cpl. Alesha R. Guard
Combat Correspondent

Since 1965, the Marine Corps has effectively preserved its history through the Marine Corps Oral History Branch. The corps-wide program is conducted here by Capt. Diana Mearns, the historical program officer, who documents the accounts of Hawaii's service members. The warriors' stories are collected orally and join the ranks of thousands of Marines and Sailors who've come before them, dating back to the Vietnam War. "Desert Diaries" tells the personal stories of pride and loyalty, humor and sadness, and the glory and horror of America's wars. The stories are provided by the base historian, and are published to help share our warriors' stories with the public.

Sergeant Michael I. Mitchell-Wolfsen deployed to Iraq in March 2007 and helped his Marines gain the trust of the Iraqi people while rebuilding their city. Wolfsen went to Haditha for his third deployment to serve as a squad leader and later platoon sergeant for 1st platoon, Bravo Company, 1st Battalion, 3rd Marine Regiment. "Our mission was to maintain the security

in Haditha," Wolfsen said. "While we were doing that we were tasked with getting the local people to trust and get comfortable with the Marines." They were also tasked to billet the Iraqi Police and help the locals gain their trust as well, he said. "We encountered the local civilians every day during patrols," Wolfsen said. "If someone didn't look too friendly we'd make an honest effort to go over there, talk to them and shake their hand because we wanted them to get to trust us, and like us and eventually, trust the Iraqi police. Also, we wanted to make sure he wasn't hiding something and see why he wasn't acting like the other Iraqi people." They weren't allowed to give anything out during security patrols for safety reasons, but instead waited for 'meet and greet' opportunities to hand out care packages, he said. "When we went to a meet and greet we

“Overall, we just wanted to show that the Marines are there to help them, and we want Haditha to be a great place.”

could talk with the local families or the head of the house and bring stuff in to hand out to the kids," Wolfsen said. He could only remember one time his Marines were turned away from a meet and greet. Nearly every house was very welcoming of the meetings, asking the Marines to come sit down, eat and drink tea with them, Wolfsen said. "The Iraqi people are very hospitable," Wolfsen said. During the meet and greets, multiple teams provided security on the outside area of the

house to ensure the safety of the Marines and family. "We had another team that came inside the house including one Marine to provide security from the inside, one to record the meeting and one to sit down with the family for tea," Wolfsen said. The meet and greets were a way to find out what the local people's needs were, he said. "We asked what they thought was working with the Iraqi police and the newly set up city government, as well as what they didn't like so we could pass that information up and hopefully get it fixed," Wolfsen said. They also looked for any other needs of the people and the city so they could find out how to make the area the best possible, he said. Wolfsen said his Marines did their best to portray to the interpreters the ideas and concerns of the Iraqi people to pass on to the city's government. "Overall, we just wanted to show that the Marines are there to help them, and we want Haditha to be a great place," Wolfsen said. Wolfsen returned home to Marine Corps Base Hawaii in October, and is currently platoon sergeant of 1st platoon, Bravo Company, 1/3.

A Day in the Life

Waterfront Ops, the military police of the sea

Lance Cpl. Achilles Tsantarliotis
Combat Correspondent

Editor's note: A Day in the Life highlights military occupational specialties and Department of Defense jobs throughout the Marine Corps. This series gives appreciation to the thousands of service members, DoD employees and civilians who make Marine Corps Base Hawaii and installation of excellence.

Marine Corps Base Hawaii's location has a few things not commonly found at most bases. Things like palm trees and endless summer, and a certain "aloha" atmosphere. With those circumstantial features comes rules and regulations, jobs specifically created for some, and certain dangers not common among other bases. We're allowed to wear flip flops, the privilege of visiting beaches without leaving our base, and a world of activities surrounding the aquatic focus found here.

A job that exists because of that aquatic-based fun, as well as security purposes, is MCB Hawaii's Waterfront Operations, a job that keeps safety a priority, whether it be for stranded snorklers, endangered sea life, or a rogue terrorist assassin approaching by paddleboat who'd like to share his thoughts on the military with a couple pounds of C-4 explosives. "Safety is very important here," said Petty Officer 2nd Class Shandon Torres, leading petty officer, Waterfront Operations. "A lot of people don't know how to properly operate vessels, or the dangers of the bay, like high tides, sharks and currents. If we're not out here promoting safety, people will get hurt. And that's unnecessary, Force Protection, right? Keeping as many guns on the line as possible, we can't afford people getting injured in snorkeling accidents." Torres' role in Waterfront Operations is maintaining vessels and conducting training like environmental protection, search and rescue, and anti-terrorism force protection, the 25-year-old corpsman said. "It takes a lot of motivation," said Petty Officer



Lance Cpl. Achille Tsantarliotis
Petty Officer 2nd Class Shandon Torres, leading petty officer, Waterfront Operations, scans Kaneohe Bay for any signs of distress. Torres' role helps provide safety and security to the bay, in an effort 'to keep as many guns on the line as possible.'

3rd Class Tina Morstad, boatswains mate, Waterfront Operations. "If someone calls in the middle of the night, and you have to go out and help someone, you need to want to help them, you need to be motivated." Originally enlisting in 2002, Torres took the oath as a corpsman and spent his first tour of duty with Weapons Company, 3rd Battalion, 8th Marine Regiment, 2nd Marine Division, and deployed to Iraq in 2005, where he decided to reenlist with orders to his current duty station, he said. "I was a certified [emergency medical technician] before I enlisted," Torres said. "I was looking through the paper one day and saw an ad for fireman wanted, and I had called and it was a recruiter," he said laughing. "I made an appointment with him and liked what he said, and I knew I wanted to stay in the medical field so I joined." Torres currently has 15 Sailors under his leadership, a "handful to patrol an arms length" location.

"Fortunately, every Sailor [here] is very versatile," he explained, "because they have to, if they get a call and a corpsman isn't on duty, they're going to need to know how to sustain the victim until medical help arrives. Likewise for corpsmen, if a mechanical problem happens they're going to need to handle it." Torres said he's very fortunate to work with such a group of Sailors. "It's an important job," he said. "Knowing you're doing good things in the bay is satisfying. We only have a handful of Sailors, and being able to do a successful job in such a large area says a lot about our job - about these Sailors, and I'm proud to be a part of the team." The success of Waterfront Operations is based on excellent training with Sailors who are engaged and invested in their job, said Lt. j.g. Marc Tinaz, Officer-in-Charge, WFO. "This job requires a Sailor that has the ability to tackle tactical and rescue missions," he said. "And that's what they do."



Easter Egg Hunt

An Easter egg hunt will be held at the Kupulau Child Development Center from 9 a.m. to 12 p.m. Saturday. The event is open to families of deployed and deploying Marines and Sailors.

There will be story telling, puppet show, bouncy houses, balloon animals, air brushed temporary tattoos, goodie bags and refreshments. Unit Family Readiness Officers will distribute information and tickets. For more information, contact Louise Yeager at 257-2410.



MOVIE TIME

Prices: Friday and Saturday 7:15 p.m., shows are \$3 for adults and \$1.50 for children. Sunday matinee is shown at 2 p.m. Shows are \$2 for adults and \$1 for children. Evening showings on Sunday and Wednesday are at 6:30 p.m. and late shows are shown Friday and Saturday at 9:45 p.m. Cost is \$2 for adults and \$1.50 for children. For ticket pricing, the Base Theater Box Office defines an adult as a patron 12 and older and defines a child as a patron from 6 to 11. Children 5 and younger are admitted free of charge. Parents must purchase tickets for R-rated movies in person at the box office for children 16 and younger. Patrons must present their military identification card when purchasing tickets. Call 254-7642 for recorded information. **Sneak Preview Policy:** One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons waiting in line, then second and third priority patrons. In an effort to prevent piracy, the following security measures will be enforced on base for sneak preview screenings: bag checks, confiscation of cameras or cell phones with picture taking capability (items will be returned after screening), magnetometer wand, audience scanning with night vision goggles during screening. The Base Theater and film companies thank you in advance for your cooperation and hope you will enjoy the show. For recorded information, call the Base Theater at 254-7642.

| | |
|---------------------------|------------------------|
| Cloverfield (PG13) | Today at 7:15 p.m. |
| Rambo (R) | Today at 9:45 p.m. |
| Mad Money (PG13) | Saturday at 7:15 p.m. |
| There Will Be Blood (R) | Saturday at 9:45 p.m. |
| 27 Dresses (PG13) | Sunday at 2 p.m. |
| Rambo (R) | Sunday at 7:30 p.m. |
| Mad Money (PG13) | Wednesday at 6:30 p.m. |
| Over Her Dead Body (PG13) | Friday at 7:15 p.m. |
| There Will Be Blood (R) | Friday at 9:45 p.m. |

SPOTLIGHT ON BASE

Word to Pass

Easter Egg Hunt

An Easter egg hunt will be held at the Kupulau Child Development Center from 9 a.m. to 12 p.m., March 22. The event is open to families of deployed and deploying Marines and Sailors.

There will be story telling, puppet show, bouncy houses, balloon animals, air brushed temporary tattoos, goodie bags and refreshments. Unit Family Readiness Officers will distribute information and tickets.

For more information, contact Louise Yeager at 257-2410.

Book and Cookies with Wally Amos

The Base Library will host Wally Amos Wednesday from 3 to 3:45 p.m. Children can listen to exciting stories and enjoy tasty cookies with Amos as he tells stories. The event is open to all military families, sponsored guests and Department of Defense employees.

For more information, contact Merri Fernandez at 254-7624.

Baby Boot Camp

The Base Chapel will host Baby Boot Camp April 8 and 9 from 9 a.m. to 3 p.m. The class educates parents and expecting parents on childbirth and infant care. The class is open to all active duty and their spouses. Reservations are required.

For more information, contact the New Parent Support Program at 257-8803.

Operation Homefront

Operation Homefront will host a fun day at Tiki Island April 12 from 12 to 3 p.m. Families can enjoy a day of miniature golf,

bumper boats, bouncy house and snacks. Information and tickets distributed by unit Family Readiness Officers.

For more information, contact Louise Yeager at 257-2410.



Island Tour

A tour of Oahu will be held April 11 from 7:30 a.m. to 4:30 p.m. The tour will visit the North Shore, Downtown Honolulu and other places of interest. The event is open to all active duty and their families. Children must be at least 5 years old. A reservation is required and there are no fees.

For more information, call the Marine & Family Services at 257-7790.

Marriage Skills

A Marriage Skills workshop will be held in the Joint Education Center April 16 from 8 a.m. to 4 p.m. The workshop is open to active duty personnel planning to get married or recently married. Spouses and fiancées are also encouraged to come.

The workshop provides information on becoming a successful military family. Topics include couples communication, budgeting and finances, resources for couples and families and a personality type inventory.

For more information, contact the Marine & Family Services at 257-7790.

On the Menu

AT ANDERSON HALL

Friday

Lunch

Sour braten
Jaeger schnitzel
Hot potato salad
Tossed green rice
Simmered cabbage
Simmered asparagus
Simmered sauerkraut
Boston cream pie
Chocolate chip cookies
Pineapple upside down cake
Vanilla/chocolate cream pudding
Strawberry/raspberry gelatin

Dinner

Roast pork loin
Chipper fish
Mashed potatoes
Wild rice
Simmered broccoli
Corn on the cob
Applesauce
Chicken gravy
Desserts: same as lunch

Saturday

Dinner

Herbed rock cornish hen
Country fried steak
Rice pilaf
Candied yams
Herbed green broccoli
Simmered carrots
Vegetable gravy
Chicken gravy
Pumpkin pie
Chocolate cookie
Easy chocolate cake
Vanilla/chocolate cream pudding
Strawberry/raspberry gelatin

Sunday

Dinner

Yankee pot roast
Baked ham
Mashed potatoes
Boiled egg noodles
Simmered mixed vegetables
Simmered pinto beans
Vegetable gravy
Dutch apple pie
Brownies

Lemon cake w/lemon cream frosting
Vanilla/chocolate cream pudding
Cherry/lime gelatin

Monday

Lunch

Baked meatloaf
Creole pork chops
Lyonnais potatoes
Noodles Jefferson
Boston baked beans
Simmered peas and carrots
Tomato gravy
Cheese cake w/strawberry topping
Cherry pie
Sugar cookies
Peanut butter cake w/peanut butter cream frosting
Vanilla/chocolate cream pudding
Orange/raspberry gelatin

Dinner

Russian turkey stew
Baked fresh fish w/garlic butter
Steamed rice
Simmered corn
Brussels sprouts parmesan
Cream gravy
Desserts: same as lunch

Tuesday

Lunch

Beef sukiyaki
Chinese five spice chicken
Egg foo young
Chinese fried egg rolls
Steamed rice
Pork fried rice
Fried cabbage
Simmered carrots
Chow mein noodles
Sweet and sour sauce
Lemon meringue pie
Lemon cookies
Strawberry shortcake
Vanilla/chocolate cream pudding
Strawberry/lime gelatin

Dinner

Creole macaroni
Baked turkey & noodles
Mashed potatoes
Grilled cheese sandwich
Simmered green beans

Cauliflower au gratin
Turkey gravy
Desserts: same as lunch

Wednesday

Lunch

Cantonese spareribs
Country style steak
Red beans and rice
Mashed potatoes
Club spinach
Simmered corn on the cob
Cream gravy
Apple pie
Brownies
Pineapple upside down cake
Vanilla/chocolate cream pudding
Orange/raspberry gelatin

Dinner

Savory baked chicken
Beef pot pie
Boiled egg noodles
Mashed potatoes
Southern style squash
Simmered peas with mushrooms
Chicken gravy
Desserts: same as lunch

Thursday

Lunch

Baked lasagna
Veal parmesan
Oven glo potatoes
Simmered carrots
Italian mixed vegetables
Tomato gravy
Garlic toast
Cherry pie
Oatmeal raisin cookies
Marble cake
Chocolate/vanilla cream pudding
Orange/strawberry gelatin

Dinner

Chili macaroni
Simmered corned beef
Parsley buttered potatoes
Grilled cheese sandwich
Glazed carrots
Fried cabbage with bacon
Brown gravy
Mustard sauce
Desserts: same as lunch

MARINE MAKEPONO

HAWAIIAN FOR “MARINE BARGAINS”

MISCELLANEOUS

Large chair/pull-out bed, denim blue color, \$40 or best offer, steel tubular bunk-beds, twin top, full bottom, multi-colored with matching desk and tall book shelves, \$100 for three pieces OBO. Call 254-2792.

Dining room hutch, elegant contemporary, dark wood, inlay work, six felt-lined drawers, two doors, three glass shelves, glass sides and lights, crown molding on top, \$500. Call 384-9392 for measurements..

Brown leather recliner, with rocker, good condition, \$500. Call 384-9392.

Single Temperpedic bed, with remote for head and leg adjustment, massage vibration, barely used, \$1,500 OBO. Call 384-9392.

Dining room table and four chairs, dark

wood, inlay, contemporary style, chairs have off-white cloth seat cushions, \$500. Call 384-9392 for measurements.

Double pedestal office desk, with center drawer, solid wood construction, green marble top, \$200. Call 384-9392.

Ads are accepted from active duty and retired military personnel, their family members and MCB Hawaii civil service employees.

Ads are free and will appear in two issues of Hawaii Marine, on a space-available basis.

Those interested in advertising must bring a valid DoD-issued ID to the Hawaii Marine Office.

Makepono may be used only for noncommercial classified ads containing items of personal property.

Forms may be filled out Monday through Friday between 7:30 a.m. and 4:30 p.m. at the MCB Hawaii Public Affairs Office located in Building 216, room 19, aboard Marine Corps Base, Kaneohe Bay.

Created by: GySgt Charles Wolf

SEMPERTOONS™

THE GREATEST MARINE CARTOONS ON THE PLANET!

WOLF

Marine Corps Base Hawaii Command Religious Program

MCB Hawaii Chapel Easter Schedule

| | |
|--|----------------------|
| March 21, 2008 | |
| Protestant Good Friday Service | 5 p.m. |
| Roman Catholic Good Friday Service | 7 p.m. |
| March 22, 2008 | |
| Roman Catholic Easter Vigil | 10 p.m. |
| March 23, 2008 | |
| Protestant Sunrise Service (at Ft. Hase Beach) | 6:30 a.m. |
| Protestant Traditional Service | 8 a.m. |
| Protestant Contemporary Service | 11 a.m. |
| Roman Catholic Mass | 9:30 a.m. and 5 p.m. |

All services except for 6:30 a.m. sunrise service are held in the Main Chapel.

For more info, please contact Chaplain Greg Cates 257-8318.

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First lieutenant keeps eyes on supply

Christine Cabalo

Photojournalist

When Marines are running on empty, 1st Lt. Paula Taibi, ground supply officer, Combat Service Support Group 3, is the officer to see.

Keeping gas tanks full and water available in the field is a challenge Taibi regularly completes. She said meeting the needs for Marines and Sailors takes efficiency with an upbeat outlook.

“When you increase efficiency, you make your workplace a more productive and positive environment,” she said. “People want to come in to work.”

Joining in 1995, Taibi first worked as an enlisted aviation radar technician before deciding to become an officer. With her master's degree in business administration, she said her studies help her better manage Marine Corps resources. It's leadership that Sgt. Stephanie Newkirk, maintenance management chief, CSSG-3, said helps keep their unit on top.

“I really have a lot of respect for her,” she said. “Coming from the enlisted side, it's challenging to take the extra step to be an officer. She knows what we go through, and she just gets things done.”



Courtesy photo

First Lt. Paula Taibi, ground supply officer, Combat Service Support Group 3, stands in front of the fleet of her supply vehicles at Pohakuloa Training Area on the Big Island of Hawaii. Taibi is currently managing the supply efforts for units training to deploy to Iraq.

Newkirk said when she began working as a maintenance management chief Taibi always had time to show her the quickest way to send for supplies. Taibi's knowledge helped her ensure supplies trans-

ferred to the correct place. She said her office transitioned into the larger staff it has now with Taibi's help.

Nurturing work relationships is a key factor in success, Taibi said. She believes taking time to connect with

co-workers helps keep offices productive in the long run. All staffers share the same mission, the ground supply officer said, and having mutual respect enables her unit to send supplies quickly. She said she's tried to pass those principles on to others and carries them with her in field training at Pohakuloa Training Area, on the Big Island.

“We're supporting training for 3rd Marine Regiment and 12th Marines while they're preparing for Iraq,” she said. “We're the supply element providing fuel, water, chow and anything else they may need. Our goal is to anticipate their needs so they can do what they need to do.”

Heading Combat Logistics Battalion 31, Taibi leads 150 Marines and Sailors at the volcanic rock area of the island. The site is empty wilderness owned by the state government and U.S. Army with no running water or electricity. The ground supply officer's team sends materials to training units despite volcanic smog or vog clouding the area from nearby active volcanoes.

“It's great that she's out there,” Newkirk said. “The first lieutenant can get as rough and tumble as any male Marine. She's so admirable because she's showing female

Marines are just as tough as the guys, and we can do just as good a job.”

In the field since Feb. 14, she and the supply team are scheduled to return by the end of March. While in the training area, Taibi said her team pulled together to set up regular fuel supplying points. She said she's proud to say her unit is very proactive, seeking anyone who needs more supplies.

“The training schedule is intense,” she said. “The battalions move around a lot. It's a matter of providing transportation and refueling support in a constantly changing environment.”

The experience makes her eager to do more fieldwork, and Taibi said she's never felt held back from progressing in the Marine Corps. Seeing women serve as combat engineers in Iraq, the ground supply officer said, is especially motivating for her. Throughout her work, Taibi said she makes it a point to encourage every female Marine she meets. Her strength shines in every task, Newkirk said.

“When we're running in formations, she sets the bar,” the sergeant said. “If any of the women feel like they're going to fall out — they just see her and feel a morale boost. If she can do it, then you can do it.”

Deceptive mortgage ads: what they say, what they leave out

News Release

LIFELines

If you're looking for a mortgage to buy a home or refinance an existing loan, you may see or hear ads with offers of low rates or payments. Whether you see them on the Internet, television or in the paper, or whether they come by fax or mail, some of these ads look like they're from your mortgage company or a government agency. Regardless of where you see the ads, remember the offers seem tempting, but some are terribly flawed. They don't disclose the true terms of the loan, as the law requires.

The Federal Trade Commission, the nation's consumer protection agency, says when you're shopping for a home loan, it's important to understand all the terms and conditions of the loan. Start with the ad itself. Read what's between the lines as well as what's in front of your eyes.

What The Ads Say

To help you recognize an offer that may be less than complete, the FTC wants you to know buzz words that should trigger follow-up questions, as well as information to insist on after you've read an ad.

A Low "Fixed" Rate: Ads that tout a "fixed" rate may not tell you how long it will be "fixed." The rate may be fixed for an introductory period only, and can be as short as 30 days. When you shop for a mortgage, you need to know when and how your rate and payments can change.

Very Low Rates: Are the ads talking about a "payment" rate or the interest rate? This important detail may be buried in the fine print, if it's there at all.

The interest rate is the rate used to calculate the amount of interest you will owe the

lender each month. The payment rate is the rate used to calculate the amount of the payment you're obligated to make monthly. Some offers advertise a low payment rate without telling you it applies only during an introductory period. What's more, if the payment rate is less than the interest rate, you won't be covering the interest due. This is called "negative amortization." It means your loan balance is actually increasing because you're not paying all the interest, and the lender is adding the unpaid interest to the balance you owe.

Very Low Payment Amounts: Ads quoting a very low payment amount probably aren't telling the whole story. For example, the offer might be for an Interest Only loan, where you pay only the amount of interest accrued each month.

While the low payment amount may be tempting, eventually, you will have to pay off the principal. Your payment may go up after an introductory period, so you'd be paying down some of the principal – or you may end up owing a "balloon" payment, a lump sum usually due at the end of a loan. You must come up with the money when a balloon payment is due. If you can't, you may need another loan, which, in turn, means new closing costs, and potentially points and fees. And if housing prices are falling, you might not be able to refinance to lower your payments.

Mortgage rates near 30-year lows! Rates as low as 1%! You are paying too much! Who doesn't want to reduce their mortgage payments? Loan amount \$300,000 - pay only \$900 per month!: Ads with "teaser" short-term rates or payments like these don't often disclose that a rate or payment is for a very short introductory period.

If you don't nail down the details in advance about your rates and payments for every month of the life of your loan, expect payment shock when the rate and payment increase dramatically.

Important Notice From Your Mortgage Company. Open Immediately - Important Financial Information Enclosed. Please do not discard - account information enclosed: Appearances can be deceiving. Mailers that have information about your mortgage and your lender may not be from your lender at all, but rather from another company that wants your business. Companies can legally get your information from public records. Before you respond to any offer, review it carefully to make sure you know who you're dealing with.

You are eligible to take part in an exclusive interest rate reduction program. This financial institution has been licensed to negotiate your existing adjustable mortgage

to a new fixed rate mortgage. You must contact us immediately regarding this notice. Some businesses use official-looking stamps, envelopes, forms and references to make you think their offer is from a government agency or program. If you're concerned about a mailing you've received, contact the government agency mentioned in the letter. If it's a legitimate agency – and not one that just sounds like a government agency – you'll find the phone number in the Blue Pages of your telephone directory.

What the Ads Don't Say

The APR: The Annual Percentage Rate is a critical factor in comparing mortgage offers from different lenders. It's the total cost of the credit expressed as a yearly interest rate. This rate is different than the simple interest rate on your loan note, because the APR includes all costs of the cred-

it such as points and processing fees. Knowing the APR makes it easier to compare "apples to apples" when considering mortgage offers. Look for the APR for your loan. The amount may not be in the ad at all; it may be hidden in the fine print, or it may be available deep within a Web site after multiple clicks.

Important Payment Information: It's hard to know what you don't know, and often, some of the most important information you need isn't in the ad, is hidden in the fine print, or is available only at a Web site after many clicks. To make an informed judgment about any mortgage offer, you need to know – or ask:

What will the monthly payment be for every month of the loan and could it increase? When could it increase? What would your new payment be? Could your monthly payment increase more than once?

Does the monthly pay-

ment include an escrow amount to pay for your property taxes and homeowners insurance?

Or must you pay these costs on your own?

If you have to pay on your own, ask your lender for an estimate so you can budget accordingly.

What is the term of the loan (for example 15 years or 30 years?)?

How many payments will you have to make? Would the loan be paid off at the end or would you still owe a "balloon" payment?

Will you have to pay prepayment penalties to refinance and pay off the loan early? If so, how much, and when would they apply? If the loan has an introductory or teaser rate, can you refinance, without penalties, before the rate resets and your payment increases?

To learn more about shopping for mortgages, visit www.ftc.gov/credit and click on Mortgages & Real Estate.

AROUND THE CORPS

A flying look into women's history

Lance Cpl. Jessica N. Aranda
3rd Marine Aircraft Wing

AL ASAD, Iraq — From Amelia Earhart's solo trans-Atlantic flight in 1932 to Marine Capt. Sarah Deal's achievement as the first-ever female Marine Corps pilot in 1995, the spectrum of women's aviation history continues to expand.

Women's history month celebrates these and other amazing accomplishments with the theme, "Women's Art: Women's Vision".

One Marine's visions most commonly viewed through the windshield of a tiltrotor aircraft, contribute to the growing list of women's firsts.

Captain Elizabeth A. Okoreeh-Baah, attached to Marine Medium Tiltrotor Squadron 263, is recognized as the very first female MV-22 Osprey pilot.

"To be the first female anything is kind of shocking," explained Okoreeh-Baah, who views all of her successes as an opportunity to give something back to others.

Okoreeh-Baah began pilot-ing toward new opportunities for the generations behind her long before her first MV-22 flight.

The Nashville, Tenn., native graduated from the Naval Academy in 2000, as one of the first females with a Marine Corps aviation contract.

After more than five years flying the CH-46E Sea Knight, including a yearlong combat deployment, Okoreeh-Baah's unit, then Marine Medium Helicopter Squadron 263, began replacing the CH-46Es with the MV-22s, and she hopped onboard the transition process.

The 28-year-old completed the transition and made her historic flight March 13, 2006.

"She's an integral part of the squadron, just like any other pilot," said Maj. Eric Garcia, a pilot with VMM-263. "Being recognized historically as the first female is

a big accomplishment."

Okoreeh-Baah thinks women's history month is another chance for the future of society to see examples of who they can view as role models.

"It's good to have individuals who set the bar and encourage us to become better Marines," said Gunnery Sgt. Jeanette Santoro, the 3rd Marine Aircraft Wing (Forward) career retention specialist and president of the Women Marines Association here. "It allows us to know what goals we can accomplish and gives us something to strive for. It also shows the billets female Marines are now filling."

Everything we do affects women's history, the fact that we're out here in Iraq easily visible to the international press and other Marines sets an example, explained Okoreeh-Baah.

"People will never know the possibilities if no one ever aspires to do them," she added.



Lance Cpl. Michael Stevens
Captain Elizabeth A. Okoreeh-Baah, the first female MV-22 Osprey pilot, stands on the flightline after a combat operation March 12. The Nashville, Tenn., native spent five years flying the CH-46E Sea Knight before transitioning to the Corps' newest aircraft.

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Total Cholesterol
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HeartStroke Briefs

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